

Mustard Seed: 791 Queen Street East, Toronto M4M 1H6

If you have any questions please either call or email Reception at 416-465-6069 or azimmer@fontbonneministries.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mindful Movement 1:00-2:30	2 Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00	3 Takeout Lunch 11:30-1:00
4 Takeout Lunch 11:30-1:00	5 LABOUR DAY CLOSED	6 Drop In 8:30-11:00 Foot Care 9:00-4:00	7 Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm	8 Mindful Movement 1:00-2:30	9 Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00	10 Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00
11 CLOSED: Volunteer Appreciation Event	12 Knifty Knitters 12:30-3:00	13 Drop In 8:30-11:00 Foot Care 9:00-4:00	14 Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm	15 Mindful Movement 1:00-2:30	16 Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00 Anishnawbe Health Toronto Mobile Testing 10:30am-3:00pm	17 Takeout Lunch 11:30-1:00

WE ARE WHEELCHAIR ACCESSIBLE





Fontbonne Ministries

<p>18</p> <p>Takeout Lunch 11:30-1:00</p>	<p>19</p> <p>Knifty Knitters 12:30-3:00</p>	<p>20</p> <p>Drop In 8:30-11:00 Foot Care 9:00-4:00 Drop In Haircuts 12:30-2:30</p>	<p>21</p> <p>Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm</p>	<p>22</p> <p>Mindful Movement 1:00-2:30</p>	<p>23</p> <p>Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00</p>	<p>24</p> <p>Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00</p>
<p>25</p> <p>Takeout Lunch 11:30-1:00</p>	<p>26</p> <p>Closed for Staff Workshop CLOSED</p>	<p>27</p> <p>Drop In 8:30-11:00 Foot Care 9:00-4:00</p>	<p>28</p> <p>Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm</p>	<p>29</p> <p>Mindful Movement 1:00-2:30</p>	<p>30</p> <p>Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00</p>	

All indoor programs with the exception of the take-out lunch and clothing boutique require registration, masks and social distancing. Footcare available by drop in or by appointment. Schedule subject to change without notice. Last updated September 6th

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